

If you are a family caregiver for a Veteran or active-duty servicemember, it's important to ensure that you and your family receive any needed supports and services. Explore programs that can provide or help coordinate behavioral health, rehabilitation, and family support services.

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[**Working Daughter: The leading resource for women balancing caregiving, career, and life**](#)

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[**AARP Resources for Veterans, Active Duty, and Military Families**](#)

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Article

[**Veterans Food Assistance Program**](#)

The Veterans Food Assistance Program (VFAP) is designed to provide a one-time grant of essential food and household support to veterans and their families, ensuring no veteran goes hungry.

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[**Caregiver Financial Journey from USAA**](#)

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PODCAST: Healing Ties

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PODCAST: Confessions of a Reluctant Caregiver

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Article

Caregiving Youth Shine

Caregiving youth received a national platform on the TODAY Show with Maria Shriver, marking a crucial step towards greater recognition and support for these young people. The American Association of Caregiving Youth (AACY) and Kesem, a leading organization for children of cancer patients, teamed up for this appearance.

Article

Disaster Assistance and Resources for Veterans

It's important for Veterans and their families to know that the VA is here to help in the wake of a disaster.

Source

[VA News](#)

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